

Ashly's WB Bio-Balance

Pleasure Inventory

Living with Gusto!

"What we think and feel directly relates and affects the chemistry of the body."

Pleasure is a part of being embodied. Do you experience enough **pleasure** in your life? Can you pin point moments in the last 24 hours where you felt present and IN your body? If yes, were you experiencing **pleasure**?

They do go hand in hand, don't they?

Endorphins: Pleasure Chemicals

- Produced mostly in brain and digestive system
- Simple act of eating raises endorphins
- Stimulate fat mobilization
- Feel good and burn body fat!
- *Greater endorphin release in digestive tract = more blood and oxygen delivered = increased digestion, assimilation and calorie burning*

Point is: chemistry of pleasure is designed to fuel metabolism.

Opening to pleasure will spark metabolism and return body to its natural state of balance.



Pleasure can relax the body on the deepest level.

Repeat the following exercise for all categories below to help you think of Pleasurable moments/experiences to pack into your day.

- Pleasure is associated w basic biological drives: eating, exercise, sex
- Social drives, like: accomplishment, recognition, and service.
- Appreciation of finer things, like: art, music and literature

Non-Food Pleasure Inventory

Healthy food pleasure inventory:

- Deepen pleasures of eating – get out of your head and into the sensuality of every cell, BLISS.
- List of healthy foods; include at least 3 in meals every day. Eat with awareness.
- As you allow the pleasure from these foods to permeate your consciousness, you will find little tolerance for low quality foods.

List of forbidden foods that bring pleasure and turn you on:

- What does this list teach you about you?
- How often do you eat these foods?
- When do you tend to eat them?
- With whom?
- Which ones elicit in you the most desire? Which ones cause the greatest guilt?

After you enjoy the forbidden food, notice. ..How do you feel?

Does your body react well to this food? Bring energy or drain energy?

Mood? Gut wisdom? Should the food be excluded or is it something you need?

[illegible]

